



REAL HEALTH CLUB ... REAL EQUIPMENT ... REAL RESULTS

Fit Zone for Women® has brought “the next generation of women’s fitness” to Troy. It is the areas most complete Women’s facility. The Fit Zone for Women® philosophy is that women’s clubs should have the same things the large co-ed and men’s clubs have. Fit Zone has taken a normal health club, and scaled it down to a facility large enough to offer everything women need to get in shape and small enough to be a personal facility. It’s a real health club for women that women will never outgrow.

- **LOCATION:** 4924 John R (at Long Lake Road), Troy
- **DISCOUNTS FOR STATE OF MICHIGAN EMPLOYEES:**
50% off Enrollment Fee and \$5.00 off Monthly Membership Dues
- **MEMBERSHIP INCLUDES:**
 - Challenging Nautilus power circuit
 - Complete cardio center with cardio theater
 - Group exercise classes (Zumba, aerobics, step, cardio kickboxing, yoga, Pilates, fit ball, interval training, body sculpting, etc.)
 - 1 on 1 Personal instruction on use of all equipment in a series of 4 individual appointments with a Fit Zone trainer.
- **ALSO AVAILABLE:**
 - Personal Training
 - Infrared Sauna
 - Tanning
- **HOURS:**

Monday:	6:30 a.m. – 8:00 p.m.
Tuesday:	8:00 a.m. – 9:00 p.m.
Wednesday:	6:30 a.m. – 8:00 p.m.
Thursday:	8:00 a.m. – 9:00 p.m.
Friday:	8:00 a.m. – 8:00 p.m.
Saturday:	8:00 a.m. – 2:00 p.m.
- **PHONE:** 248-526-0364
- **WEB SITE:** www.fitzoneforwomen.com

CALL AND SET UP A TOUR WITH A FIT ZONE TRAINER TO FIND OUT IF FIT ZONE FOR WOMEN IS THE RIGHT FITNESS FACILITY FOR YOU!!!